

Support

“Mum; I’m old enough to move out and get a place of my own.”

“What for, where you going to go?”

“Thinking about sharing a flat with friends.”

“Alright then, maybe I can help you get some stuff together. Let’s talk to Auntie, she might be able to help. Maybe she can help you with some furniture and I can help with baby for a little while.”

“Yeah, thanks.”

Everyone needs some sort of support at some time in their lives.

As a parent there will be times when you experience challenging situations and a range of emotions. You may feel unable to cope sometimes, and unable to be the kind of parent you would like to be.

At times it might be so bad you cannot look after your family.

An important part of our family life is our respect for our family and the support we get from each other.

If you are frustrated, frightened or anxious, remember that no-one is perfect and that all parents feel this way sometimes. All parents make mistakes along the way. It’s okay to make mistakes, but it is important to learn from them and try to do things differently next time.

Things that can cause worry

- money problems
- not having a job
- sickness in the family
- your own sickness or mental condition
- housing problems—including moving house
- death
- problems that come with drug and alcohol abuse
- having no-one around for support
- feeling low, or having no confidence, not feeling good about yourself
- problems in your relationships (with partner or other family members)
- changes in your life like marriage, separation from loved ones, kids leaving home or family breakdown
- a family member or friend being arrested and going to jail.

This tip sheet, along with the full set of Parenting WA guides, is available in electronic format at www.communities.wa.gov.au



These things might help

- know that good and bad feelings are normal for all parents at times
- remember you don't have all the answers
- give yourself a treat
- remind yourself that you are doing an important job
- pat yourself on the back for the difficult work you do through the day
- don't be afraid to ask for help
- find the right people to help you
- most of all trust yourself and value your role as a parent.

Contacts

Parenting WA Line

A free 24/7 telephone information and support service for parents and children pre-birth to 18 years.

t: 1800 654 432 (free call)

w: www.communities.wa.gov.au

Aboriginal Health Services

Contact your local service for a range of health, medical and wellbeing services. Some have women's groups, men's groups and playgroups.

COUNTRY:

Albany	Southern Aboriginal Corporation	t: 08 9842 7777
Broome	Regional Medical Centre	t: 08 9192 1338
	Kimberley Aboriginal Medical Service Council	t: 08 9193 6043
	Milliya-Rumurra Aboriginal Corporation	t: 08 9192 1699
Bunbury	South West Aboriginal Medical Service	t: 08 9791 2779
Carnarvon	Carnarvon Aboriginal Medical Service	t: 08 9941 2499
Derby	Derby Aboriginal Medical Service	t: 08 9193 1090
Fitzroy Crossing	Marr-Worra-Worra	t: 08 9191 5089
Geraldton	Geraldton Regional Aboriginal Health Service	t: 08 9956 6555
Goldfields	Bega Garnbirringu Health Service	t: 08 9091 3199
Halls Creek	Yura Yungi Aboriginal Medical Service	t: 08 9172 0400
Jigalong	Puntukurna Aboriginal Medical Service	t: 08 9175 1027
Kununurra	Ord Valley Aboriginal Medical Service	t: 08 9168 1288
	Waringarri Aboriginal Corporation	t: 08 9168 1528
Onslow	Bindi Bindi Aboriginal Community	t: 08 9184 1086
Roebourne	Mawarnkarra Health Service Corporation	t: 08 9182 0850
South Hedland	Wirraka Maya Aboriginal Health Service	t: 08 9172 0400
Wiluna	Ngangganawili Aboriginal Community Health Centre	t: 08 9981 7063
Wyndham	Ngnowar Aerwah	t: 08 9161 1496



Guiding our children, our way

Aboriginal Health Services

METROPOLITAN:

East Perth	Aboriginal Health Division (AHD)	t: 08 9222 4024
	Derbarl Yerrigan Aboriginal Health Service	t: 08 9421 3888
	Aboriginal Alcohol and Drug Service	t: 08 9221 1411
Mt Lawley	Australian Indigenous HealthInfoNet	t: 08 9370 6109
Mirrabooka	Derbarl Yerrigan Aboriginal Health Service	t: 08 9344 0444
Maddington	Derbarl Yerrigan Aboriginal Health Service	t: 08 9452 5333
	Moorditch Curlongga	t: 08 9459 3049
Mt Claremont	Statewide Indigenous Mental Health Service	t: 08 9347 6600
Perth	Aboriginal Health Council of WA (AHCWA)	t: 08 9227 1631

Moorditj Yarning

Moorditj Yarning is an Aboriginal-specific program of Relationships Australia WA. Services include counselling, yarning around a broad range of issues, and other programs that Aboriginal community identify as useful: women's art and craft groups, children's traditional and contemporary dance and men's groups.

t: 1300 364 277

w: www.wa.relationships.com.au

Look under "Services we provide" and then look under "Aboriginal services".

Department of Families, Housing, Community Services and Indigenous Affairs – Closing The Gap

Closing the Gap initiatives provide grants and funding to support Indigenous organisations and individuals.

t: 6218 1400

t: 1300 653 227

w: www.fahcsia.gov.au

The Raising Children Network

Helps parents with the day-to-day decisions of raising children and looking after their own needs.

w: www.raisingchildren.net.au

Health Direct

Offers a health telephone helpline.

t: 1800 022 222

w: www.healthdirect.org.au

This Guide uses 'he' and 'she' in turn.
Change to suit your child's sex.

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Government of **Western Australia**
Department for **Communities**
Parenting WA

